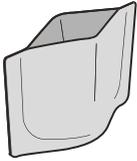


# STI Testing



## HOW TO TAKE YOUR URINE SAMPLE

1.



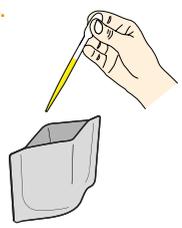
2.



3.



4.



1. Pop-up urine collection pouch so it sits upright.
2. Remove lid from urine sample tube and have pipette ready.
3. Pass the first bit of your urine stream into the pouch, excess urine can go into the toilet.
4. Use pipette to collect some urine from pouch and squeeze into tube until it's **between the black lines**.

5.



6.

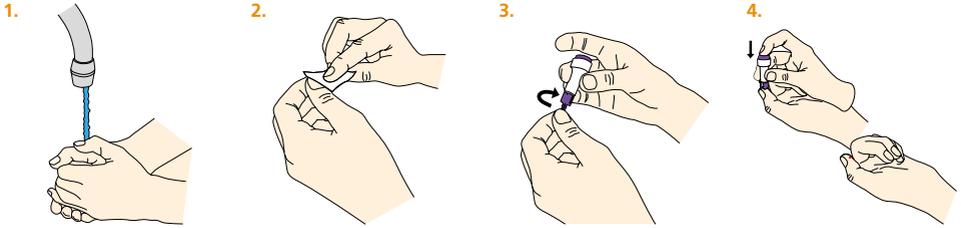


7.

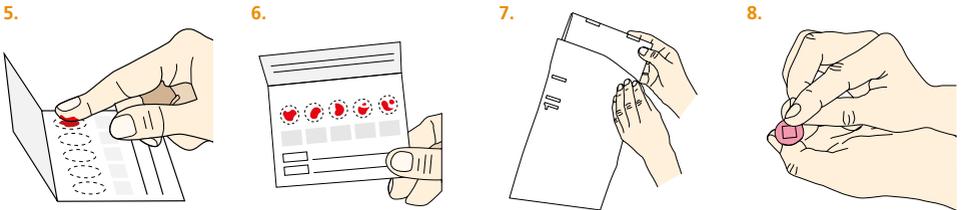


5. Close lid firmly.
6. Once you have completed your sample, put the tube into the 95KPA Bag & Pad.  
Make sure it is sealed. Place this in the return envelope with your patient return form filled out.
7. Post straight away.

## HOW TO TAKE YOUR BLOOD SAMPLE



1. Warm hands by washing with warm water. Make sure they are dried properly.
2. Clean your thumb or finger with an alcohol wipe.
3. Take one of the lancets and twist the cover (one full turn) to release it. Throw the cover away.
4. Push the lancet firmly onto the tip of a finger or thumb and press the button on top. This will prick your finger and draw blood. Massage your finger/thumb until a droplet of blood appears.



5. Spot blood onto each of the 5 circles on the card. Failure to do so may reduce the sensitivity of the screening tests.
6. Leave the card to dry with the desiccant in the plastic carrier for a minimum of 30 minutes.
7. Then place all in to the return envelope provided in the Blood kit. Post straight away.  
**Note: Blood Samples must be returned in the separate envelope.**
8. Apply plaster to pricked finger(s) or thumb.

## YOUR TEST RESULTS

Please allow up to 7 working days from when we receive your sample(s) back to receive your test results via text message to the mobile phone number you have provided at registering for a kit. We will only text you once all results are ready. If any of your samples show a positive result or your sample needs re-taking for any reason, we will telephone you to arrange to see you in clinic.

If you have questions about your kit, or if you have not had your test results after 7-10 days please call **0300 123 5474** option 2. Please note, there is a video clip of how to take your sample on our website at [www.sexualhealthwirral.nhs.uk](http://www.sexualhealthwirral.nhs.uk)



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